



WELLNESS WORKS

in Howard County

How Can You Earn a \$50 Gift Card?

Answer: Complete a Health Risk Assessment!

Completing a Health Risk Assessment (HRA) is an important part of the Wellness Works program. A Health Risk Assessment is a confidential, online questionnaire you complete on a secure website.

It's easy to complete! Here's how it works:

- You answer questions about your personal health habits and history. Enter recent lab results for questions asking for specific health numbers, such as cholesterol and blood pressure. If you don't know these numbers, we encourage you to attend an onsite Wellness Screening (described below).
- After completing your HRA, you'll print your personal report and action plan for getting healthy and staying healthy. Your health plan may also provide tips and resources for living a healthy lifestyle.
- Because taking a Health Risk Assessment is so important to your health and wellness, you'll receive a **\$50 gift card** after completing your HRA (see page 2 for *Who May Participate*). This incentive ends in June.



Attend a Wellness Screening: Know Your Numbers

- The Wellness Works program is offering free **Wellness Screenings** starting February 26th (in multiple locations).
- Staffed by professionals from Quest Diagnostics, these screenings will provide you with the "numbers" that will ensure the most accurate Health Risk Assessment results.
- You may attend any screening that is convenient for you. **Registration for screenings at the Ascend One, Gateway, and Dorsey locations begins January 26th.**

Your Privacy is Assured

The Health Risk Assessment and wellness screenings are tools to help you take charge of your health. All personal data and reports are confidential, as protected by federal law (HIPAA). Your personal results will **not** be shared with the County. Only information about the group as a whole will be shared with the County, so we can offer relevant wellness activities.

To receive a copy of the County's privacy statement, send an email to: wellnessworks@howardcountymd.gov.

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Program News

Mark Your Calendar

Jennifer Lee, Kinesiologist with the Office on Aging, presents...

"How to Fit Physical Activity Into Your Busy Day"

Dates/Times/Locations:

- ▶ Wednesday, January 28, 2009
12:30 p.m. - 1:30 p.m.
Gateway Building: Classroom 303
- ▶ Tuesday, February 3, 2009
12:30 p.m. - 1:30 p.m.
Ascend One Building: Tyson II
- ▶ Thursday, February 5, 2009
12:30 p.m. - 1:30 p.m.
Glenwood Community Center:
Patapsco Room

Cost: No charge to participate. Just bring a healthy lunch and enjoy!

Check with your supervisor before registering.

RSVP: Donna Tugwell
410-313-5949
dtugwell@howardcountymd.gov

Your Thoughts Count

If you have suggestions or questions about the Wellness Works program, contact your department's wellness representative, or send an email to:

wellnessworks@howardcountymd.gov

How to Complete your Health Risk Assessment

Congratulations on taking an important step on the road to good health!
Follow these directions for completing your HRA.

If You're a Kaiser Member...

- If you haven't registered for member access:
 - Visit www.kp.org/register.
 - Follow the online instructions to complete your registration.
- To complete your health assessment, follow these steps:
 - Log on to kp.org with your user name and password.
 - Go to the Health and Wellness tab.
 - Click on "Member programs and classes."
 - Click on "Take a total health assessment."
 - Click on "Get Started with HealthMedia Succeed."
 - Click on "Start Questionnaire."

If you're an Aetna member or you're eligible for employee health benefits, but have opted out because of other coverage:

- If you've already registered for Aetna Navigator, go to www.aetna.com and proceed to "member login," on the left side of the homepage. Follow the steps to take the **Simple Steps to a Healthier Life** health assessment.
- If you haven't registered for member access, go to www.aetna.com and click "New to the site? Register Now!" under "Member Log In." Follow the instructions to register for Aetna Navigator.
- If you're not an Aetna member – but you're eligible for employee health benefits (and have opted out) – select, "I am an Aetna member or I am not sure...but I want to register for Simple Steps for a Healthier Life." **Use the purple path (not orange).**
 - Enter all information with a red asterisk (name, date of birth, etc.).
 - Since you're not an Aetna member, use your Social Security Number instead of subscriber number.



After completing your HRA, you'll receive a \$50 gift card!

Who May Participate?

If you're eligible for employee health care benefits – even if you declined health coverage because you enrolled in another plan – you may participate in a wellness screening, complete an HRA, and receive your \$50 gift card.*

Employees of the following agencies may participate:

- Howard County Government
- Howard County Library
- Health Department
- Department of Social Services
- Circuit Court
- District Court

- Economic Development Authority
- Mental Health Authority
- Board of Elections
- State's Attorney
- Sheriff's Office
- Soil Conservation Services

** Gift cards, which are considered taxable income, will be sent to you after you complete your Health Risk Assessment.*

Did you Know...

About half of American adults have cholesterol levels that are too high (200 mg/dL or higher) and about 1 in 5 has a level in the high-risk zone (240 mg/dL or higher). The good news is that you can take steps to control your cholesterol. Visit www.americanheart.org.